

Name _____ Period _____ Date _____

HANDOUT 8B-1

Fact or Falsehood?

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| T F | 1. The polygraph has proved to be extremely effective in detecting lies. |
| T F | 2. Some emotional responses involve no conscious thinking. |
| T F | 3. Introverts are superior to extraverts at reading others' emotions. |
| T F | 4. Facial expressions associated with emotions such as happiness and fear are the same the world over. |
| T F | 5. Venting your anger seems to reduce anger and aggression in the long run. |
| T F | 6. Kidney dialysis patients report being just as happy as healthy nonpatients. |
| T F | 7. Compared with others, pessimists are more than twice as likely to develop heart disease. |
| T F | 8. Psychological states cannot have physiological effects. |
| T F | 9. Efforts to reduce stress in AIDS patients has no effect on the course of their disease. |
| T F | 10. Research has shown that prolonged stress can cause cancer. |

Name _____ Period _____ Date _____

HANDOUT 8B-7

Emotional Expressivity Scale

Respond to each of the statements as they apply to you with the following scale:

- 1 = never true of me
- 2 = rarely true of me
- 3 = occasionally true of me
- 4 = often true of me
- 5 = generally true of me
- 6 = always true of me

- ___ 1. I think of myself as emotionally expressive.
- ___ 2. People think of me as an unemotional person.
- ___ 3. I keep my feelings to myself.
- ___ 4. I am often considered indifferent by others.
- ___ 5. People can read my emotions.
- ___ 6. I display my emotions to other people.
- ___ 7. I don't like to let other people see how I'm feeling.
- ___ 8. I am able to cry in front of other people.
- ___ 9. Even if I am feeling very emotional, I don't let others see my feelings.
- ___ 10. Other people aren't easily able to observe what I'm feeling.
- ___ 11. I am not very emotionally expressive.
- ___ 12. Even when I'm experiencing strong feelings, I don't express them outwardly.
- ___ 13. I can't hide the way I'm feeling.
- ___ 14. Other people believe me to be very emotional.
- ___ 15. I don't express my emotions to other people.
- ___ 16. The way I feel is different from how others think I feel.
- ___ 17. I hold my feelings in.

Source: Kring, A. M., Smith, D. A., & Neale, J. M. (1994). Individual differences in dispositional expressiveness: Development and validation of the emotional expressivity scale. *Journal of Personality and Social Psychology*, 66, 938 (table 1). Copyright © 1994 by the American Psychological Association. Adapted by permission.